



Editor's Message



Nurses are always the backbone of every hospital, quality nursing needs to be given to the patients in the hospitals as well as in the community settings. One of the areas nurses need to be an expert is the first aid. I would like to discuss about the World first aid day which is observed on the 14th of September every year. This day focuses on raising awareness on how the first aid can save lives. The literal meaning of the term, "First Aid" means the help that is provided to anyone who is suffering from disease or damage aiming to protect the life and keep the condition from getting worse. This act is basically expected from a medical staff. An ordinary person can also help to save a person's life who is in danger. A First aid kit is definitely placed in the car, in the house, malls, theatres and other places.

The objectives of the World First Day are (1) To do necessary actions to save the life of injured person, (2) To handle the condition of an injured person by giving first aid and trying to avoid infections, (3) To take the patient immediately to the hospital before any mishappening.

Many organizations worldwide have the objective of training people in first aid measures like arresting bleeding, treating a shock, injury, cuts, minor burns, sprains, nosebleed, and mainly in giving CPR. Of course, it is considered as an initial step of support after which the patient is

transported to the hospital. Red Cross and Red Crescent Societies around the world organize events and campaigns to promote the significance of first aid. Training session and workshops are also organized to educate people about the basics of First aid.

Millions of people face medical emergency situations every year and there is a serious lack of timely support in the initial stage of treatment. Therefore, every nurse should be trained in giving first aid. Nurses have an additional role of also educating others using available resources. Let me conclude by stating that, "Save 100 lives you're a Nurse". Nurses may not be angels but they are the next best thing!

Fabiola M. Dhanaraj
Editor-in-Chief

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